

## FULL ENGLISH BREAKFAST

Some people say that British food<sup>1</sup> is very bad, but it's not true. The traditional full English breakfast is a **good example** of this.

This type of breakfast comes from the 14<sup>th</sup> century. In the 14<sup>th</sup> century, the gentry<sup>2</sup> thinks that breakfast is **very important**.

Today, a full English breakfast **usually includes**: sausages, bacon<sup>3</sup>, eggs, tomatoes, beans<sup>4</sup> and toast. You can also have mushrooms in it. You can eat this type of breakfast in all British cafés and restaurants.



You can change the ingredients, so there are many versions<sup>5</sup> of the breakfast: expensive versions in good London restaurants, or cheap<sup>6</sup> versions in small **village pubs**.

"Your full English breakfast can be healthy<sup>7</sup>. It has a lot of protein, so you don't need **much food** later," says British nutritionist<sup>8</sup> Carrie Ruxton.

**Vocabulary:** <sup>1</sup>jídlo|<sup>2</sup>šlechta|<sup>3</sup>slanina|<sup>4</sup>fazole|<sup>5</sup>verze|<sup>6</sup>levný|<sup>7</sup>zdravý|<sup>8</sup>výživový poradce

**Language notes:** full English breakfast=pravá anglická snídaně|good example=dobrý příklad|very important=velmi důležitý|usually include=obvykle zahrnovat|village pub=vesnická hospoda|much food=hodně jídla

**Sources:** edition.cnn.com|independent.co.uk|countrylife.co.uk